



# AGELESS

HEIDI RANDALL, DIRECTOR

Aging & Disability Resource Center of Southwest WI--Mauston

608-847-9371 or toll free 877-794-2372

Website: [www.adrcswwi.org](http://www.adrcswwi.org)

October, 2010

## NOTES FROM HEIDI NO. 341

Hello Everyone—

**There's just a few weeks left until Adams/Juneau Memory Walk. We have walker registration blanks and tickets for the raffle at the ADRC if you are interested in participating. If you are looking for a team to join you can still join Heidi's A Team and help us find a cure for this devastating disease.**

**Fuel assistance applications are being taken by the Community Action Council during the months of October and November at our mealsites and can answer your questions that you may have by calling 847-5988. The following documents are needed when you make application: 1. Proof of previous three months gross household income, 2. Social Security cards for everyone in the household, and 3. Fuel and electric costs from September 1, 2009 to August 31, 2010.**

**April Martell, Family Nutrition Program Educator from UW-Extension and I will be teaching a cooking class on Friday, October 22 at the Aging and Disability Resource Center dining room from 11 a.m. to 1 p.m. The class will feature fruits and vegetables featured in the Senior Farmers Market Program. Pre registration is needed and you can 847-9329 to register for the class. If you have any coupons left from the Senior Farmers Market Program be sure to use them up before October 31 as that is the last day for their acceptance at the farm stands and farmer's markets.**

**October is a beautiful month in Juneau County to take in the colors and back roads. Check out our gorgeous area and if you don't drive see if you can pair up with a neighbor, friend, or your children to get out and enjoy the landscape. With the rich blue skies and the changing hues you will have a delightful time!**

*next month!*

*See you*

# MENU FOR

**Mauston, Necedah, Camp Douglas, New Lisbon and Lyndon Station**

**847-9371**

**547-3125**

**427-3287**

**562-6592**

**666-2423**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>
<b>October 4</b>	<b>October 5</b>	<b>October 6</b>	<b>October 7</b>
Chicken Wild Rice Cass Mixed Vegetables Cornbread/Butter Fruit	<b>Budget Cut Day No Meals Served</b>	Swedish Meatballs Seasoned Noodles Peas & Carrots Wheat Roll/Butter Lemon Bar	Baked Ham Scalloped Potatoes Green Beans 12 Grain Bread/Butter Frosted Cake
<b>October 11</b>	<b>October 12</b>	<b>October 13</b>	<b>October 14</b>
<b>Holiday Columbus Day ADRC Office &amp; All Meal Sites Closed</b>	Turkey Noodle Cass. Creamed Peas Wheat Roll/Butter Fruit Crisp	BBQ Pork/Bun Tator Tots Baked Beans Fruit Rice Krispie Bar	Meat Loaf Baked Potato/Sour Cream Carrot Coins Wheat Roll/Butter Pudding
<b>October 18</b>	<b>October 19</b>	<b>October 20</b>	<b>October 21</b>
Baked Ham Scalloped Potatoes Green Bean Almondine Wheat Bread/Butter Fruit Cookie	BBQ Chicken Baked Potato/Sour Cream Carrots Wheat Roll/Butter Fruit Pie	Hearty Beef Stew Corn Biscuit/Butter Cookie	Roast Pork Loin/Gravy Mashed Potatoes Beets 12 Grain Bread/Butter Frosted Marble Cake
<b>October 25</b>	<b>October 26</b>	<b>October 27</b>	<b>October 28</b>
Italian Meat Sauce Spaghetti Broccoli Cuts Garlic Bread Brownie	Beef Stroganoff Egg Noodles Green Beans Wheat Roll/Butter Fruit	Roast Turkey/Gravy Mashed Potatoes Hubbard Squash Potato Bread/Butter Frosted Cake	Roast Beef Baked Potato/Sour Cream Peas Wheat Roll/Butter Fruit

**CONGREGATE MEAL (IN CENTER)-\$3.50 MEALS ON WHEELS (HOMEBOUND)-\$3.75  
MENU SUBJECT TO CHANGE WITHOUT NOTICE**

# WONEWOC MENU

464-7217

<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>September 28</b>	<b>September 29</b>	<b>September 30</b>	<b>October 1</b>
Turkey/Swiss/Rye With Lettuce Leaf Chef's Choice Soup 3 Bean Salad Cream Pie	Lasagna Mixed Vegetables Sunshine Salad Garlic Bread Cookie	Sloppy Joe/Bun Seasoned Peas Creamy Potato Salad Fruit Cobbler	<b>Budget Cut Day No Meals Served</b>
<b>October 5</b>	<b>October 6</b>	<b>October 7</b>	<b>October 8</b>
Chicken Wild Rice Cass Mixed Vegetables Cornbread/Butter Fruit	Swedish Meatballs Seasoned Noodles Peas & Carrots Wheat Roll/Butter Lemon Bar	Baked Ham Scalloped Potatoes Green Beans 12 Grain Bread/Butter Frosted Cake	Fish/Tartar Sauce Hash Browns Corn Bread/Butter Jello/Fruit
<b>October 12</b>	<b>October 13</b>	<b>October 14</b>	<b>October 15</b>
Salisbury Steak/Gravy Oven Browned Potatoes Broccoli Cuts Wheat Bread/Butter Fruit	Turkey Noodle Cass Creamed Peas Wheat Roll/Butter Fruit Crisp	BBQ Pork/Bun Tator Tots Baked Beans Fruit Rice Krispie Bar	Fish/Tartar Sauce Baked Potato/Sour Cream Carrot Coins Wheat Roll/Butter Pudding
<b>October 19</b>	<b>October 20</b>	<b>October 21</b>	<b>October 22</b>
BBQ Chicken Baked Potato/Sour Cream Carrots Wheat Roll/Butter Fruit Pie	Hearty Beef Stew Corn Biscuit/Butter Cookie	Roast Pork Loin/Gravy Mashed Potatoes Beets 12 Grain Bread/Butter Frosted Marble Cake	Fish/Tartar Sauce Scalloped Potatoes Green Bean Almondine Wheat Bread/Butter Fruit Cookie
<b>October 26</b>	<b>October 27</b>	<b>October 28</b>	<b>October 29</b>
Beef Stroganoff Egg Noodles Green Beans Wheat Roll/Butter Fruit	Roast Turkey/Gravy Mashed Potatoes Hubbard Squash Potato Bread/Butter Frosted Cake	Roast Beef Baked Potato/Sour Cream Peas Wheat Roll/Butter Fruit	Fish/Tartar Sauce Potatoes/Gravy Broccoli Cuts Garlic Bread Brownie

**CONGREGATE MEALS (IN CENTER)-\$3.50    MEALS ON WHEELS (HOMEBOUND)-\$3.75**

**MENU SUBJECT TO CHANGE WITHOUT NOTICE**

**ELROY MENU**  
**462-5175**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>September 27</b>	<b>September 28</b>	<b>September 30</b>	<b>October 1</b>
Spaghetti/Meatsauce Tossed Salad/Fr. Dress. Cottage Cheese Garlic Bread Peaches	Chicken Breast/Stuffing & Gravy Carrots Cranberries Dinner Roll/Butter Fresh Fruit	Hamburger Steak/onions Potatoes/Gravy Beets Dinner Roll/Butter Cake	<b>BUDGET CUT DAY</b> <b>NO MEALS SERVED</b>
<b>October 4</b>	<b>October 5</b>	<b>October 7</b>	<b>October 8</b>
Baked Ham Scalloped Potatoes Spinach Pineapple Tidbits Dinner Roll/Butter Cookie	Baked Chicken Mashed Potatoes/Gravy Corn Cranberries Dinner Roll/Butter Mixed Fruit	Liver & Onions Potatoes/Gravy Green Beans Dinner Roll/Butter Apple Crisp	Baked Fish Nuggets Tartar Sauce Baked Potatoes Peas & Carrots Dinner Roll/Butter Cake
<b>October 11</b>	<b>October 12</b>	<b>October 14</b>	<b>October 15</b>
<b>Columbus Day</b> <b>Holiday</b> <b>ADRC Office &amp; all</b> <b>Mealsites Closed</b> <b>No Meals Served</b>	BBQ/Bun Baked Beans Macaroni Salad Tropical Fruit Cookie	Chicken Breast Rice/Gravy Beets Cranberries Dinner Roll/Butter Mandarin Orange Slices	Roast Beef Potatoes/Gravy Carrots Dinner Roll/Butter Peaches Cake
<b>October 18</b>	<b>October 19</b>	<b>October 21</b>	<b>October 22</b>
Meat Loaf Augratin Potatoes Peas Pickled Beets Dinner Roll/Butter Fruit	Baked Chicken Potatoes/Gravy Broccoli Apple Rings Dinner Roll/Butter Tapioca Pudding	Ham Boiled Dinner/Veg Cottage Cheese Peaches Dinner Roll/Butter Cake	Tuna or Chicken Noodle Hot dish Mixed Vegetables Dinner Roll/Butter Jello/Fruit/Topping
<b>October 25</b>	<b>October 26</b>	<b>October 28</b>	<b>October 29</b>
Creamed Chicken Biscuit/Butter Peas & Carrots Cranberries Mixed Fruit Cobbler	Pork Roast Potatoes/Gravy Sauerkraut Applesauce Dinner Roll/Butter Brownies	Lasagna Tossed Salad/Fr.Dress. Fruit Salad Garlic Bread Cookie	BBQ Ribs Scalloped Potatoes Scalloped Corn Apple Rings Dinner Roll/Butter Cake

**CONGREGATE MEALS (IN CENTER)-\$3.50    MEALS ON WHEELS (HOMEBOUND)-\$3.75**  
**MENU SUBJECT TO CHANGE WITHOUT NOTICE**

# **TAKE CHARGE, STAY HEALTHY! BE PREPARED DURING THE POST H1N1 PANDEMIC PERIOD**

The Public Health Emergency for 2009 H1N1 Influenza has ended, however it is likely that the 2009 H1N1 virus will continue to spread for years to come, like a seasonal virus. The best way to protect yourself and your family is to continue to follow these basic guidelines:

- Get vaccinated for seasonal influenza as soon as it is available
- Avoid close contact with people who are sick
- Stay home when sick, have a plan to care for sick family members
- Cover your mouth and nose when you cough or sneeze. Germs often spread this way
- Follow good habits and get plenty of sleep, nutritious foods, stay active and do not smoke.
- Stock up on household, health and emergency supplies such as nonperishable food items and water.
- Stay informed, go to [www.pandemic.wisconsin.gov](http://www.pandemic.wisconsin.gov) for up to date information.
- **For questions, contact Juneau County Health Department at 608-847-9373 or visit [www.co.juneau.wi.gov](http://www.co.juneau.wi.gov)**

## **OCTOBER BIRTHDAYS**

**Oct.2-** Bev Ristow

**Oct. 4-** Walter VanderWerf

**Oct. 13-**Elinore Legler

**Oct. 14-**Louise Hess

**Oct. 16-**Katie Mellem

**Oct. 23-**Quretta Belsky

**Oct. 27-** Lena (Sally) Kloser

**Oct. 2-**Claire Ness

**Oct. 12-**Rose Eden

**Oct. 13-** Jackie Muller

**Oct. 15-** Nickie Pruess

**Oct. 19-** Deb Priest

**Oct. 24-** Patti Schwab

**Oct. 27-** Susan Jensen

**HAPPY ANNIVERSARY TO Arnold & Veryl Franke**

# Wisconsin “Authorization for Final Disposition” Forms

## ***What Does it do?***

This voluntary document allows a competent adult to designate another competent adult to make funeral arrangements on their behalf. The declarant can appoint a representative as well as an alternate representative (in the event of death or decline by the first representative). This form allows a declarant to describe his or her wishes for final disposition in regards to viewing arrangements; a funeral ceremony, memorial service, or other last rite; burial, cremation, and burial or other disposition or donation of decedant’s body. Individuals can also indicate religious preferences wished to be observed at the funeral.

## ***How does it work?***

Declarant should complete the form in the presence of 2 witnesses unrelated to the declarant or before a notary public. This authorization can be revoked by executing a new authorization, by destroying the current form, or by signing and dating a form which states that the declaration of final disposition is revoked, cancelled or void. The representative must sign that he or she accepts appointment of this responsibility, but not necessarily at the time the declarant signed the document (similar to POA’s). There is no requirement that the authorized representative must sign in the presence of a notary public or witness.

Note: this document needs to be found relatively quickly upon someone’s death. Although it could be kept in a safe or safety deposit box, that may not be the ideal place for it. Rather it is recommended that the declarant inform his or her family and friends that it has been filled out, giving the representative a copy of the document, and instructing the representative where the original document can be found.

## ***Why would I want one?***

If a person does not fill out the form, control of final disposition is made according to Wisconsin Stats. § 154.30, with authority prioritized as follows:

1. a representative of the decedant (under this form)
2. surviving spouse
3. surviving child (if more than one surviving child, the majority of surviving children)
4. surviving parent or parents
5. surviving sibling (or majority of surviving siblings)
6. an individual in the class of next degree of kinship
7. guardian of person
8. any other individual who attests she has made good faith efforts to contact others.

Situations in which this form could be suggested:

- Anyone who wishes to clarify his or her desired funeral arrangements
- Anyone who wishes to deviate from the statutory guidelines
- Those who desires a close friend to be appointed, rather than a family member
- Person estranged from children or parents (or spouse)

- If a person's children/parents would disagree as to the burial arrangements
- Personal preference opposes what family members favor (cremation vs burial plot)

A link to the Authorization for Final Disposition Instructions and Form can be found with the following link: <http://www.dhs.wisconsin.gov/forms/advdirectives/f00086.pdf>

## **THE WISCONSIN BASIC WILL**

The Wisconsin statutes provide a very basic form will under §853.55. Although this may seem like a relatively easy way to draft a will, it can be a trap for the unwary. The basic will form does not dispose of property which passes outside of a will (non-probate property), such as retirement accounts, joint tenancies in real estate, and life insurance. Those assets generally pass to beneficiaries outside of probate by virtue of a contract, beneficiary designation or deed. A good estate plan ensures that probate property (governed by a will) and non-probate property, life insurance, etc. is coordinated.

In addition, the basic statutory will does not provide any planning for tax implications, marital property laws, second marriages, beneficiaries with special needs or receiving public benefits, trust provisions for minor children or estate recovery issues for individuals attorney in order draft those conveyances.

Essentially, the Wisconsin Basic Will provides little guidance regarding a person's unique situation. If a client insists on using the Wisconsin Basic Will they should be advised to have an attorney review the drafted document before it is signed to avoid unintended consequences. Clients should always be advised that it is highly recommended that people meet with an attorney to complete an estate plan which is tailored to the

# NEW UNIFORM POWER OF ATTORNEY FOR FINANCES & PROPERTY

Wisconsin recently adopted the new uniform act as the Uniform Power of Attorney For Finances and Property Act. The Act becomes effective Sept. 1, 2010, and will be codified as Chapter 244 of the Wisconsin Statutes. This new Act clarifies many aspects of the power of attorney and includes several default provisions which can be modified through the special instruction section of the form. The Act also provides an outline of the various duties and responsibilities of the agent, as well as an agent certification form which may be shown to other entities to encourage compliance with the form.

## **New Defaults for Power of Attorney-Financial under the Uniform POA Act:**

- The execution of a power of attorney-financial (POA-F) does *not* revoke a prior POA-F unless the subsequent POA-F expressly provides language to that effect.
- Unless the POA-F provides otherwise, an agent's authority as POA-F ceases upon termination of his or her relationship with the principal (upon filing of action for divorce, legal separation, annulment, or termination of domestic partnership).
- No gifting or self-dealing is allowed by the POA-F unless the power is clearly and expressly granted in the special instructions section.
- The new POA-F is durable and becomes effective immediately unless otherwise indicated.
- The new default rule is that an agent may receive reasonable compensation for his or her role as a POA-F unless indicated to the contrary in the POA-F document.
- Co-agents (when a person names 2 people to work together as POA-F ) may now act independently under the new Uniform POA-F Act.
- People who in good faith accept a notarized POA-F without actual knowledge that the document is invalid or the agent's authority has been terminated are now protected under Wis. Stat. § 244.19.
- The new POA Act also provides for sanctions for refusals made not in good faith to honor the POA-F document. (For example, banks cannot require that a person use its own POA-F form, or not honor a POA-F document because it is "too old.") The agent acting under the POA-F may ask a court to order the entity to accept the POA-F document and pay for the agent's attorney fees and costs in bringing the action.
- Under Wis. Stat. §244.16 certain people now have standing to petition for review of an agent's performance or for construction of a POA-F.

It is important to understand that POA-F forms executed in Wisconsin before the Uniform Power of Attorney Act will remain valid if their execution complied with Wisconsin law when they were executed. However, this may be a good time to review POA-F documents to ensure that the Act's default rules are modified when appropriate. As such, it is recommended that people see an attorney to ensure their wishes are successfully laid out. The new Uniform POA-F documents are located in Wis. Stat. §244.61. New Do-It-Yourself POA-F documents will soon be available from the CWAG Guardianship Support Center, and will be available for distribution at the ADRC's.



# NEW CREDIT CARD RULES IN EFFECT ON AUGUST 22, 2010

A new set of rules which went into effect on Aug. 22, 2010 is the latest in a series of regulations that implement the Credit Card Accountability, Responsibility and Disclosure Act (the Credit Card Act).

Per Information from a website created by the Federal Reserve Board the key changes that credit card consumers should expect from credit card companies beginning August 22, 2010 include:

**Reasonable Penalty Fees:** Under the old rules, a late payment fee could be as high as \$39, and that fee would be due whether the late payment was a \$20 minimum payment or a \$100 minimum payment. Under the new rules, a credit card company can not charge a late payment fee that is greater than the minimum payment due and imposes a limit of \$25. The fee limit does have exceptions: a credit card company can charge a fee exceeding \$25 if the consumer has already had a late payment in the past 6 months and in that case the fee may be as high as \$35; a credit card company is also allowed to charge a fee in excess of \$25 if the company can show the Federal Reserve Board that the cost it incurs, as a result of late payment, justify a higher fee.

**Additional Fee Protections:** A credit card company can't charge inactivity fees if a consumer does not use the credit card although the credit card company may close the account for inactivity. The new rules impose a one fee per infraction limit. A credit card company can't charge more than one fee for a single event or transaction that violates a cardholder agreement. For example, a consumer cannot be charged more than one fee for a single late payment.

**Explanation and re-evaluation of rate increases:** If a credit card company increases a consumer's interest rate/Annual Percentage Rate (APR), it must tell the consumer why and can only impose the interest increase after a 45 cooling off period. This 45 day period gives the consumer time to resolve the billing issue, and if the consumer is unable resolve the billing issue for any reason, the consumer can use the 45 day period to pay off the balance or to transfer the balance to a card with a lower interest rate.

Before August 22, 2010, a credit company could increase a cards APR with no obligation to re-evaluate the rate increase every 6 months. If a consumer has not missed any payments during that period, the card company is required to roll-back the rate, unless it can give the Federal Reserve Board a good reason for keeping it. If appropriate, it must reduce the rate within 45 days after completing the evaluation.

**Interest Rate Hikes Still Permitted:** The new rules do not mean anyone should be complacent about staying current with their credit card bills as the protections are limited. The ceiling on penalty fees is limited to one misstep. If a consumer makes more than one late payment in a 6 month period, the credit card company can charge up to \$35. The new rules do not address interest rate hikes that credit card companies may impose upon consumers who violate the terms of their credit card agreements. So a consumer who spends more than his credit card limit by \$15 may only face a \$15 fee, but that consumer could still face a penalty hike on his interest rate, which would apply to any future

purchases. Since February of 2010, credit card companies are prohibited from raising charges on an existing balance unless the account is 60 days past due, but after a consumer is 60 days late on a payment, the interest rate could skyrocket. The law says penalty fees must be “reasonable and proportional” but it places no limit on penalty interest rates so if a consumer is experiencing financial difficulty and becomes 60 days past due on a credit card account, the credit card has the right to impose interest rate penalties in their credit card agreements.

To avoid costly oversights, consumers are advised to take advantage of free e-mail reminders provided by many credit card companies. Of course the core advice that consumers should do everything possible to make monthly payments on time remains. The Federal Reserve Board has a website for consumers related to credit cards which is located at <http://www.federalreserve.gov/creditcard/>. If you are over age 60 and feel that your rights under the Credit Card Act are being violated, contact your local elderly Benefit Specialist at your county ADRC or Department of Aging, 608-847-9367

## **LINK –UP & LIFELINE**

In these times with so many people struggling to get by, it is important that everyone understand all of the assistance that is available to help people stay afloat. “Lifeline” and “Link-Up” are programs that ensure that all Americans can get basic telephone service by providing limited discounts to consumers who might not otherwise be able to afford service. Lifeline involves discounts on the cost of monthly telephone service, and Link-Up involves a discount on the cost of initiating telephone service. The discount is available for the primary residential telephone, even if that phone is wireless. The programs have been in place since the 1980’s, administered by the federal government and the state public utility commissions, but nationally, only about a 3<sup>rd</sup> of low income consumers who are eligible for the programs participate. To find out about how the discount works in your state and how to apply, go to <http://www.lifelinesupport.org>.

The Federal Communications Commission, National Association of Regulatory Utility Consumer Advocates who have adopted the first full week after Labor Day as “National Lifeline and Link Up Telephone Discount Awareness Week.” During the week of September 13 to September 19, 2010, federal and state agencies and consumer advocates will be calling attention to the availability of these programs to ensure that more eligible consumers understand that this assistance is available. Several outreach tools to assist you are available at <http://www.naruc.org/lifeline/default.cfm>.

We ask you to join us in raising awareness of these important programs by posting information about the programs in your offices, distributing information on the programs to your staff and consumers you serve, forwarding this information to other organizations in your community, writing an article for a local paper that reaches consumers, or linking to [www.lifeline.gov](http://www.lifeline.gov) a website dedicated to these programs.

Information on telephone subscribership in your state is available in the FCC’s recently released Telephone Subscriber Report at:

[http://hraunfoss.fcc.gov/edocs\\_public/attachmatch/DOC-301241A1.pdf](http://hraunfoss.fcc.gov/edocs_public/attachmatch/DOC-301241A1.pdf).

You may be particularly interested in the state by state information available in Tables 4 (percentage of Households with a Telephone by Income) and 7 (percentage of adults with a Telephone by Labor Force Status). For more information, please contact the Federal Communications Commission at 1-888-CALL-FCC or TTY 1-888-TELL-FCC.

## **Centers for Medicare & Medicaid Services National Medicare Multi-Media & Education Campaign**

*Protect, Prevent, Prevail this Winter.  
Get the Flu Vaccination—not the Flu!*

Protect yourself from the flu by getting your flu vaccination early, before flu season ramps up. Medicare covers many preventive services including the flu vaccine.

Medicare clients can:

- Get the flu vaccine at no cost. There is no coinsurance or copayment applied to this Medicare benefit, and people on Medicare will not have to meet their deductible.
- The flu vaccine can prevent the flu; it does not give people the flu. Getting a flu vaccine is the best thing you can do to keep you from getting sick this flu season. This year, one flu vaccine will protect you from 3 different types of flu virus, including the 2009 H1N1 virus that caused much illness last season. Additionally, by protecting yourself, you are also protecting those you care about from getting the flu from you.
- All adults age 65 years and older, and people who are under 65, who have chronic illness, including heart disease, lung disease, diabetes or end stage renal disease should get a flu vaccine.

### **Helpful Tips to Follow during Flu Season:**

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw tissue in the trash after you use it. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol based cleaners also work.
- Avoid touching your eyes, nose or mouth. Germs spread this way
- Try to avoid close contact with sick people
- Stay home if you are sick until at least 24 hours after you no longer have a fever (100°Fahrenheit or 37.8°Celsius) or signs of a fever without the use of a fever-reducing medicine.

Visit [www.medicare.gov](http://www.medicare.gov) or call 1-800-MEDICARE (1-800-633-4227) to get a free copy of "Staying Healthy: Medicare's Preventive Services." TTY users should call 1-877-486-2048. On the web select "Publications" under "Resource Locator." You can also visit [www.flu.gov](http://www.flu.gov) for specific information about influenza. More information is available at [www.healthcare.gov](http://www.healthcare.gov). (This information prepared by the U.S. Department of Health and Human Services.)

# SPOTLIGHT ON SOCIAL SECURITY

## OCTOBER 2010

### **Free Audio Publications for your convenience**

**By Ken Hess, Social Security Public Affairs Specialist for Wisconsin**

Perhaps you've been planning to read that booklet on Social Security benefits for some time now, but you never seem to find the time to sit down with it. If only you could listen to an audio version, just as you might listen to the latest novel by your favorite author on an audio book.

Now you can, Social Security offers more than 100 publications in audio format, in both English and Spanish. You can find them at: <http://www.socialsecurity.gov/pubd/all-pubs.html>

At Social Security, we want to make sure you can get the information you need. That is why we offer our publications in print, online in both Internet and PDF versions, and some in audio format. You also can get publications in Braille, in enlarged print and even cassette or CD.

Social Security is committed to using technology to improve your customer service experience. Learning about any aspect of Social Security's programs is easier than ever, in the format that works best for you. As Social Security celebrates its 75<sup>th</sup> anniversary this year, service choices continue to expand. These days, you can even get a personalized estimate of your future benefits and apply for those benefits online.

From the comfort of your home, you can access information about Social Security. Take it a step further and use audio publications in combination with the Frequently Asked Questions (FAQ's) section to get answers to over 700 questions.

If you were planning to plug in the ear buds and listen to a little music tonight, why not play the Social Security publication you've been putting off? It has never been easier to learn about Social Security. Just visit [www.socialsecurity.gov](http://www.socialsecurity.gov) and select the "Forms and Publications" link on the left side of the page. Welcome to our online library. Whatever your preferred format, we are here for you. Learn more about Social Security at [www.socialsecurity.gov](http://www.socialsecurity.gov).

## **October 2010 Schedule**

**Wednesday, Oct. 6-**April Martell, Juneau County UW-Extension Nutrition Program Coordinator will give program at Adult Center at 11:30 a.m.

**Thursday, Oct. 7-** April Martell will give program at Camp Douglas Village Hall at 11:05 a.m. and at New Lisbon Meal Site at noon

**Saturday, Oct. 9-**Adams/Juneau Memory Walk, 9 a.m. at Bethany Lutheran Church, 618 W. River Street, New Lisbon, WI

**Monday, Oct. 11-**Columbus Day observed. ADRC Office and all mealsites are closed.

**Tuesday, Oct. 12-** April Martell will give program at Grace Lutheran Church, Elroy at 11:30 a.m.,

**Wednesday, Oct. 13-** April Martell will give program at Beagles Bar & Grill, Lyndon Station at 11 a.m.

**Thursday, Oct. 14-** April Martell will give program at Necedah Village Hall at 11:30 a.m.

**Friday, Oct. 15-** April Martell will give program at Bernie's Wagon Wheel II, Wonewoc at 11:30 a.m.

**Monday, Oct. 18-** Committee on Aging & Disability Meeting, 10:30 a.m. at Grace Lutheran Church, 226 Erickson Street, Elroy

Alzheimer Support Group meets at 1:30 p.m. in the ADRC.

**Wednesday, Oct. 20-**Adult Center Board Meeting, 9:30 a.m. in ADRC

**Friday, Oct. 22-**Cooking Class at Adult Center by April Martell, Family Nutrition Program Specialist, and Heidi Randall 11 a.m. to 1 p.m. call UW-Extension at 847-9329 to sign up.

## **Fuel Assistance Dates**

### **Fall 2010**

#### **October**

**Thursday, Oct. 7-** Mauston Adult Center, Courthouse Annex Basement, 10 a.m.-1 p.m.

**Wednesday, Oct. 13-**Wagon Wheel Restaurant, Wonewoc, 10:30 a.m.-1 p.m.

**Thursday, Oct. 21-**Grace Lutheran Church, Elroy, 10 a.m.-1 p.m.

**Thursday, Oct. 28-**Necedah Village Hall, 10 a.m.-1 p.m.

#### **November**

**Thursday, Nov. 4-** Beagles Bar & Grill, Lyndon Station, 10 a.m.-2 p.m.

### **PLEASE BRING THE FOLLOWING DOCUMENTS WITH YOU:**

1. Proof of previous 3 months gross household income
2. Social Security Cards for everyone in the household.
3. Fuel and Electric costs from Sept. 1, 2009 to Aug. 31, 2010

## MILE BLUFF DATES

**3<sup>RD</sup> Annual Women's Night Out-** *For information, call 847-1496.*

This year's event will include health and wellness exhibits, demonstrations on healthy eating and nutrition, refreshments, a Zumba dance demonstration, a question and answer panel of healthcare professionals, and a keynote address, "Bringing Joy Through The Journey" given by inspirational humorist Brenda Elsagher. Tickets are running out! For event details, go to [www.milebluff.com](http://www.milebluff.com). At Mauston High School from 4:30-9 pm on **Tuesday, Oct. 5.** **Note-** There will be a shuttle run by ADRC to this, the cost will be \$2.00 per person for Mauston, and For Out of Towners it will be \$4.00. Tickets cost \$10. To reserve a ride on the Shuttle call 608-847-9371 during the week of September 20 to Sept. 24. Stop at the ADRC booth.

**Health Fairs-** *Appointments are required for all tests.* –FREE risk factor appraisals, and blood sugar and blood pressure screenings. –Total cholesterol tests (no fasting) for \$10 or lipid profile tests (12 hour fasting) for \$20. –10 minute chair massage for \$10 (8-11 a.m. only) –Refreshments and Door Prizes. **Thursday, Oct. 14,** 7-11 a.m. Wonevok Legion Hall & **Thursday, Oct. 21,** 7-11 a.m. Mile Bluff Medical Center, Call 608-847-1845 for appointments for both of these.

**Grief Support Group-** *For information call 847-1285.* This group offers support services to anyone who is coping with the death of a loved one. Individual grief issues as well as educational topics are covered by Rev. Fairchild who leads the group. They meet **Thursdays, Oct. 7 & 21** from 7-8 p.m. at Mile Bluff Medical Center

**AA Group-** *For more information call 847-6878 or call the AA Hotline at 608-222-8989.* Meetings take place in Mile Bluff Medical Center in the Castle Rock Room, and are Closed with no smoking. **Sundays at 6 p.m. and Mondays at 7:30 p.m.**

**AL-ANON Group-** *For more information call 608-562-5611.* They meet on **Mondays, 7:30 p.m. in Mile Bluff Medical Center.**

**Gambling Anonymous Group-** *For more information call Arlene at 847-6893.* They meet on **Wednesdays, 7 p.m. in Mile Bluff Medical Center.**

**Narcotics Anonymous Group-** *If interested in group meetings or NA resources, Call Dennis at 562-6223 or 547-2533.*

**Parkinson's Support Group-** *If interested in group meetings, call Arlene at 847-6893.*

**Social Services- Outpatient Counseling-** *For information call 847-1838.* Group and individual counseling services are available.

## SPECIAL OCCASIONS

K	G	N	F	E	E	E	V	G	A	A	T	J	M	E	L
C	U	A	P	Q	L	P	A	E	M	E	G	J	K	H	C
F	C	T	L	I	A	M	K	U	U	N	O	I	H	O	E
Y	E	K	U	A	E	I	S	Q	I	G	B	E	C	B	L
U	R	G	F	S	H	E	N	C	A	M	P	E	S	B	E
O	E	E	A	F	F	A	N	S	M	Y	L	S	D	Y	B
B	M	M	S	E	B	A	R	U	Y	E	E	Q	X	D	R
P	O	U	H	S	D	R	H	C	B	R	I	A	F	F	A
U	N	T	I	T	A	I	E	R	D	F	E	T	E	B	T
S	I	S	O	I	E	M	A	I	F	R	E	E	H	C	I
S	A	O	N	V	T	T	E	C	V	D	J	K	G	G	O
E	L	C	E	A	E	R	M	N	Q	O	L	N	V	F	N
R	P	N	L	L	Q	I	E	E	I	N	M	I	Z	H	F
D	T	H	O	C	K	E	Y	V	A	C	B	R	H	I	B
F	E	S	T	I	V	I	T	Y	I	L	I	D	S	C	E
N	O	I	T	C	N	U	F	F	R	D	U	H	Q	Q	Y

AFFAIR

BIKE

CEREMONIAL

CIRCUS

DRESS

FASHION

FISH

GAMES

HUM

AMUSE

CAMP

CHEER

COSTUME

DRESS-UP

FESTIVAL

FUN

HIKE

JOG

BANQUET

CELEBRATE

CHILD

DANCING

DRINK

FESTIVITY

FUNCTION

HOBBY

MEAL

BEGUILE

CELEBRATION

CINEMA

DIVERT

EVENT

FETE

GALA

HOCKEY

MOVIE

### **Fast & Delicious Vegetable Soup**

*4 ½ c veg juice, low sodium*                      *2 c chicken or veg broth, low sodium*  
*4 c assorted veg, such as carrots, broccoli, green beans, bell peppers, mushrooms, and cauliflower*                      *1 onion chopped*  
*1 ½ c chpd tomatoes*                      *1 ½ c chpd apples*  
*1 c instant brown rice ckd*                      *1 ½ tsp curry powder*  
*1 ½ c cooked chicken breast/tofu cut in thin slices, opt*

In large saucepan, mix in tomato juice, broth, onion, vegetables, tomatoes and apple. Bring to a boil and add rice and curry powder. Reduce heat and cover. Simmer 10-15 minutes. Stir often if desired; add chicken or tofu and heat 5-10 more minutes. Serve with a tossed salad topped with yogurt herb topping, citrus salad and whole-grain bread for healthy and balanced meal. 4 serv./1 serv=2c. NVPS: 226 cal, 4 g proteins, 28 g carb, 3 g fat, .5 g sat fat, 130 mg sodium, diab exc=3 1/3 veg, 2 ¾ meat, ¼ fruit

### **Strawberry Slider**

*8 strawberries*                      *2 tbsp orange juice*  
*2/3 c vanilla flavored soy milk or 1% milk*                      *dash sugar, opt*  
combine the ingredients in blender and process til smooth. Serve. 1 c NVPS: 142 cal, 5 g protein, 25 g carb, 2.4 g fat, 0 chol, 2 dietary fiber, 61 mg sodium

### **Corn Pudding Souffles**

*½ c skim/low fat milk*                      *2 tbsp flour*  
*1 ½ tsp instant minced onion*                      *dash salt opt*  
*½ c shredded cheddar cheese*                      *2 eggs, separated*  
*¼ tsp cream of tartar*                      *8.75 oz whole kernel corn drained*

In covered jar or blender container, shake or blend together milk, flour, onion, paprika and salt, if desired until smooth. Pour into small saucepan. Cook over medium high heat, stirring constantly, til mixture boils and is smooth and thickened. Remove from heat. Stir in cheese until melted. Set aside. In small mixing bowl on high speed, beat egg whites with cream of tartar until stiff but not dry, just until whites no longer slip when the bowl is tilted. Stir egg yolks into reserved sauce til well blended. Stir in corn. Gently but thoroughly, fold yolk mixture into whites. Carefully pour into 2 (12 oz) soufflé dishes or casseroles. For a “top hat” hold spoon upright and circle mixture to make ring about 1” from side and 1” deep. Bake in preheated 350 oven until puffy, delicately browned and soufflés shake slightly when oven rack is moved gently back and forth, about 20-30 minutes. Serve immediately. NVPS per serving of ½ recipe using skim milk and cheddar cheese= 277 cal, 11 g total fat, 254 mg chol, 406 mg sodium, 26 g carb, 20 g protein,



### **Bow Tie Spinach Scramble**

*1/2 c thinly sliced sweet red pepper(4 oz)*

*3 c chpd fresh spinach (3-4 oz)*

*3 eggs*

*parmesan cheese, opt*

*3 tbsp bottled Italian salad dressing*

*4 oz bow tie pasta cooked, drained*

*2 tbsp low fat or skim milk*

In 10" omelet pan or skillet, stir together pepper and 2 tbsp dressing. Cover and cook over medium heat until peppers are crisp tender, 1-2 minutes. Add spinach, cover. Cover until spinach is wilted, about 1-1 1/2 minutes. Stir in pasta and remaining 1 tbsp dressing. Toss until pasta is evenly coated with dressing. In small bowl, beat together eggs and milk until blended. Pour into pan. As mixture begins to set, turn with pancake turner until eggs are thickened and no visible liquid egg remains. Sprinkle with cheese, if desired. 2 servings NVPS: using skim milk= 340 cal, 9 g total fat, 213 mg chol, 17 g protein, 382 mg sodium, 50 g carb.